

Tofu Salad

_ cup vegetable oil
2 Tbsp red wine vinegar
1 garlic clove, minced
_ tsp. Dried oregano
1/4 tsp salt
1/8 tsp crushed red pepper
8 ounces tofu (bean curd)
drained and cut into _ inch
cubes (3 _ cups)
2 cups chopped tomatoes
(about 2 _ medium tomatoes)
_ pound mushrooms sliced (2
cups)
_ cup sliced celery (1 large stalk)
_ cups chopped green pepper
_ cup chopped fresh parsley
2 Tbsp chopped onion

FILLING

1/4 cup butter
1 cup white sugar
1/4 cup evaporated milk
1 1/2 cups marshmallow creme
1/4 cup creamy peanut butter
1 teaspoon vanilla extract
1 1/2 cups chopped salted peanuts

CARAMEL

1 (14 ounce) package individually
wrapped caramels, unwrapped
1/4 cup heavy cream

DIRECTIONS:

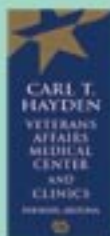
In large bowl, combine oil, vinegar, garlic oregano, salt and red pepper, mix well. Add tofu. Toss. Cover and refrigerate, stirring occasionally, about 2 hours

About 1 hour prior to serving, add vegetables, toss to coat

Makes 6 servings (about 1/3 cup each)

Nutrition information:

Calories 130
Fat 11 gm
Carbohydrate 6 gm
Cholesterol 0
Protein 4 gm
Sodium 95 mg



Compliments of the Clinical Nutrition Department

Greek Salad

INGREDIENTS:

2 large tomatoes, thickly sliced
1 medium cucumber (about 7 inches long) thinly sliced
1 small onion thinly sliced and separated into rings
1/3 cup Kalamata olives
2 teaspoons capers
_ cup chopped parsley
_ cup crumbled reduced fat Feta cheese

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DIRECTIONS:

Combine tomato slices, cucumber slices and onion rings on a large platter or in a large bowl. Top with olives, capers, parsley, and crumbled Feta cheese.

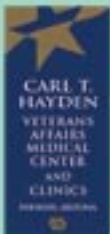
Place garlic, pepper and lemon juice in food processor or blender and pulse 4 times, with food processor or blender running gently pour oil in steady stream being careful to prevent splashing. Process until smooth

Pour over salad and serve. Toss gently.

Serving 6 (serving size 1/6 of salad)

Nutrition information

Calories 130
Carbohydrate 8 gm
Fat 10 gm
Protein 2 gm
Sodium 220
Fiber 2 gm



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Barley and Swiss Chard Skillet Casserole

1 Cup water	8 ounces canned low sodium navy beans, rinsed and drained
_ Cup uncooked quick cooking barley	1 cup quartered cherry tomatoes, sweet grape variety
1 Cup chopped red pepper	_ cup chopped fresh basil leaves
1 Cup chopped green pepper	1 Tbsp extra virgin olive oil
1/8 tsp garlic powder	2 Tbsp Italian seasoned bread crumbs
1/8 tsp crushed red pepper flakes	1 lemon quartered
2 cups coarsely chopped packed Swiss chard leaves (may use fresh spinach or beet greens, if swiss chard is not available)	

DIRECTIONS:

Preheat broiler

In large skillet, bring water to boil, add barley, red pepper and green peppers, garlic, and pepper flakes. Reduce heat, cover tightly, and simmer 10 minutes, or until liquid is absorbed.

Remove from heat, stir in chard, beans, tomatoes, basil, and olive oil. Sprinkle evenly with breadcrumbs.

Broil 2 minutes or until golden brown

Remove from broiler, Serve with lemon wedge

Makes 4 servings (Serving size 1 1/4 cups)

Nutrients per serving

Calories 288

Fat 6 gm

Carbohydrate 45 gm

Cholesterol 0

Fiber 12 gm

Protein 10

Sodium 488 mg



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